



OCTOBER: ANXIETY

– What Staff Need to Know –

The Basics

What is anxiety? We all experience moments of stress. But sometimes that feeling does not go away or intensifies, which can cause anxiety. Anxiety is a general term for an emotion that is described by uneasiness, worrying thoughts, tension, or fear.

Signs of Anxiety

Anxiety affects each person differently. Here are some common behavioral signs and factors that may cause anxiety:

- Feeling nervous or intense emotions
- Difficulty focusing
- Increased heart rate or trouble breathing
- Fatigue or feeling weak
- Trauma
- Family history

Tips to Manage Anxiety in the Classroom

1. Provide classroom seating where the student feels most comfortable
2. Provide lots of structure and routine, and inform students when changes will occur if possible (such as a substitute teacher)
3. Provide a signal before calling on the student, and a signal for them to opt-out of answering
4. Provide alternatives to class presentations if possible: for example, allow the student to present to the teacher one on one instead of in front of the class
5. Allow the student to use a self-calming object or fidget during class if appropriate, to curb anxiety levels

Additional Resources

- Article: [Ease student anxiety in the classroom](#)
- Article: [Mindfulness Activities for the Classroom](#)
- Article: [Stress Management Strategies for Teachers](#)